

Plantar Fasciitis (Plantar Heel Pain)

Sharp heel pain with the first steps of the morning or after sitting. A fascia-specific stretch plus high-load calf strengthening is the most effective approach.

FOOT · HEEL

1



Plantar Fascia Stretch

10 × 10 sec

- Pull the toes back toward the shin with your hand.
- Do this before your first steps.

2



Calf Raise with Towel

Every 2nd day: 3 × 12 → 4 × 10 → 5 × 8

- Towel under the toes; 3 sec up, 2 sec hold, 3 sec down.
- Add a backpack as the reps come down.

3



Calf Stretch

3 × 30 sec

- Back leg straight, heel on the floor.
- Toes pointing forward.

4



Soleus Stretch

3 × 30 sec

- Back knee bent, heel down.
- Lower calf stretch.

5



Ball Roll

2 min

- Roll a ball under the arch.
- Firm pressure; a cold bottle also works.

6



Towel Scrunch

3 × 10

- Scrunch a towel with the toes.
- Keep the heel on the floor.

HOW OFTEN

Fascia stretch before getting out of bed and 2–3× daily; loading every second day for 12 weeks. Supportive footwear or an insole helps early on.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Numbness in the foot, pain at night, or heel pain after injury — contact us.